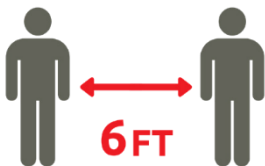




Recommend showering at home before and after your training.



Sign-in when you get to training, every session.



Keep space between people



Arrive no more than 5 minutes before training starts.  
Leave when training is finished.



Only use your own water bottle.



**Wash your hands before and after training.**



**Stay home if you feel sick.**



**Cough or sneeze into your elbow.**



**Do not high five or touch.**